25 Discipline Hacks

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1

Eat the frog first thing in the morning.

Whatever is most challenging for you to accomplish on a given day, tackle that task (e.g., writing, working out, business-related items, a project you've been procrastinating on) first.

2

Ignore your feelings and get to work.

3

When you're feeling unmotivated, review your long-term goals. Review your "why" frequently.

4

Review and refine your goals daily to keep you on track.

5

Remove distractions.

Remove the app from your phone if you spend considerable time on social media.

If you binge-watch shows, remove the televisions from your rooms or house entirely.

If you tend to snack, remove the snacks from your house.

If you spend considerable time watching unproductive content, block the sites.

Time is your greatest asset; don't waste it on dumb sh*t.

6

Do something physical daily to cultivate and maintain better physical health.

7

Do not over-identify with your emotions

When you don't feel like doing something that will move you toward your goal, opt to make at least 1% progress.

8

Spend your time around people with goals who integrate discipline into their routines.

9

Curb eating out. Adopt a mostly healthy lifestyle and habits.

10

Audit your habits and determine which ones do not reflect a disciplined mentality. Eradicate them from your routine.

11

Set boundaries with yourself, others, and your time. If you got to get sh*t done, get it done and start saying "no" to the things and people that prevent you from getting what you need to get done.

12

Limit your availability to others to increase your focus.

13

Give up alcohol and sugar for a month.

14

Give up any unproductive addictions.

Seek addiction counselors and group therapy to help you in the process of eradicating your addiction.

Addictions destroy your time, your relationships, your opportunities, and you.

15

Become your own accountability partner. Maintain a powerful sense of self-respect.

Get to the point where you don't want to let yourself down.

16

Consume a mostly healthy diet.

Do not overconsume sugar, processed foods, sugary drinks, alcohol, and caffeine.

17

Give up TV for a month.

18

Give up social media for a quarter unless it's related to business use.

19

Wake up at 5 am daily for a month.

20

Don't lower your standards and settle for anything less than you desire.

Always focus on long-term outcomes.

Don't get sidetracked with short-term fun.

21

Prioritize long-term pleasure over short-term pleasure.

22

Become comfortable with pain.

Remember that pain and sacrifice are good for you.

23

Plan out your day the day or week before.

Set daily, weekly, monthly, quarterly, and yearly goals.

Then, plan your decades out.

Always know where you're headed.

24

Work on your goals daily -- without fail -- even if that means only making 1% progress for the day.

25

Discipline is destiny.

Habits are destiny.

What you do day in and day out creates your present and future.

Who is in control: You or your vices?

Who is in control: You or your desires?

Who is in control: You or your addictions?

Who is in control: You or everything and everyone you allow to pull your strings?

A person without self-control is a house with no walls. You're a weak person without discipline and self-control. And weak people can only go so far in life.

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous, enlightened, and committed to bettering yourself.